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<b>College *</b>	College of Public Health
<b>Department *</b>	Community & Behavioral Health
<b>Title of Research *</b>	Impact of Social Support from Athletic Trainers on Post-Injury Rehabilitation Adherence in Collegiate Athletes
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<b>Introduction &amp; Purpose *</b>	Social support has been identified as an important factor in facilitating recovery from injury. Athletic trainers can play a key role in meeting the psychosocial needs of injured athletes. However, few previous studies have prospectively examined the effect of social support on post-injury rehabilitation adherence. This study examines the social support received from athletic trainers on post-injury rehabilitation adherence among injured male and female collegiate athletes.
<b>Experimental Design *</b>	Using a prospective cohort study design, post-injury data on athlete demographics, symptoms of depression and anxiety, rehabilitation adherence, and social support patterns from athletic trainers (including number receiving support from and satisfaction with the support received) were collected among injured athletes on nine sport teams at two Division I universities. Athletic injuries sustained between August 1, 2007 and July 31, 2010 were identified using an ongoing injury surveillance system. Correlations of social support, post-injury depression, and anxiety, and rehabilitation adherence were calculated.
<b>Results *</b>	A total of 346 injuries (male = 221, female = 125) were included. Most injuries occurred among football players (29.5%) and involved sprains/strains (53.8%). Although increased post-injury social support from athletic trainers was not statistically correlated with decreased anxiety and depression symptoms, increased post-injury satisfaction scores with social support from athletic trainers was significantly correlated with reduced anxiety and depression symptoms ( $p < 0.0001$ and $p < 0.0001$ , respectively). Both social support received from athletic trainers and social support satisfaction scores were significantly correlated with post-injury rehabilitation adherence, although correlation coefficients were low.
<b>Conclusions *</b>	Social support from athletic trainers, particularly support that meets injured athletes' satisfaction, could help reduce post-injury depression and anxiety and improve rehabilitation adherence. Our findings have important implications for athletic trainers in their role of providing

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support to injured athletes for their physical and psychological rehabilitation.

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